



## Get Rid of the Toxins

Last Newsletter, I discussed the importance of cleansing the Liver....Hopefully all of you did your Liver Cleanse.

This Month, We are going to discuss removing Toxins that may be lodged in the body.

Removing the toxins we have accumulated is one of the most important activities one can perform for better health.

Here is the brief overview of many of the substances that can be used to remove the toxins from your body:

1. Bentonite Clay
2. Apple Pectin
3. Chlorophyll rich foods
4. Seaweed
5. Mucilaginous foods
6. Anti-oxidants
7. Herbs

For a more detailed discussion please read below.

Toxins come in many forms – environmental toxins include, but not limited to:

### Xenohormones:

- Pesticides
- Herbicides
- Fungicides
- Detergents
- Nail Polish
- Non-organic meat and dairy
- Paint remover
- Soaps
- Glues
- Plastics
- Perfumes
- Air-fresheners

Well you get the idea!

### Radiation:

#### **Cosmic radiation**

- sources in the earth's crust, also referred to as terrestrial radiation
- sources in the human body, also referred to as internal sources.

#### **Human sources**

- medical sources
- consumer products
- atmospheric testing of nuclear devices
- industrial uses – of which **nuclear plants** are just one source – the disaster in Japan has increased our exposure to this source a great deal.

## Removing the Toxins

**Bentonite Clay** attaches to the toxins and removes them from your body. A Premixed solution is sold by Yerba Prema, called Great Plains ([www.yerba.com](http://www.yerba.com)). This you can take by the Tablespoonful.

**Apple Pectin** also has the same effect of binding to the toxins and making them insoluble so that the body can remove them safely.

**Chlorophyll rich foods** like Spirulina, Chlorella, Wheat Grass, Barley Grass, and leafy greens all help the body to remove toxins.

**Foods** to include in your diet:

- **Seaweed** (kelp and agar agar), not only for its iodine, but for a substance called sodium alginate. It is a gelling agent that is used in many food products. This substance attaches to these contaminants and effectively removes them from the body.
- **Mucilaginous foods.** These would include oatmeal, oat bran, flax seeds (soaked), barley, tapioca, fennel, etc. In the herbal realm think marshmallow, comfrey root, slippery elm, Irish moss, milky oat seeds, and wild yam, cinnamon.
- **Anti-oxidants** to help our body recover from the free radicals caused by radiation. Foods that are highly colored will help to add to your anti-oxidant choices. Anything with a dark color, like blueberries, red grapes, red and blue potatoes, kale and the brightly colored chard, black rice, Bhutanese red rice.

### **Herbs**

- Ginkgo
- Ashwaganda
- Chyawanprash
- Holy Basil
- Ginger
- Mint Family

Having given you all the above ideas, I am not suggesting that you have to do everything on the list, just take small steps and experiment with possibly some new foods.

Next month we will discuss stress and Adrenal exhaustion and how to support your adrenal glands so that they can support you!

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Dr. Travis has dedicated herself to the total health and well-being of each individual patient, she offers Primary health care services through modern Chiropractic healing methods. Techniques include: Gentle and non-force according to the individual patient's needs.

Services include spinal

manipulation, physical therapy modalities – Ultrasound and Cupping (ask me about a cupping facial), diet, nutritional, herbal and hormonal counseling.